

Bike Sense On-Bikes!

Critical Content, Concepts and Skills for Safe Bicycle Riding



With Enforcement

Bike Sense On-Bikes!

Critical Content, Concepts and Skills for
Safe Bicycle Riding and Enforcement



Adopted From:
BikeSmart On-Bikes!
Vermont

With permission from:



Center for Health and Learning
28 Vernon Street, Suite 319, Brattleboro, Vermont 05301
Phone (802) 254-6590 fax (802) 254-5816
www.healthandlearning.org

Adapted By:
Sarah Peterson, MPH
&
Rolf Eisinger, MPH, LCI
Principal Co-Branding Authors and Editors

Acknowledgements!

The BikeSmart Vermont! Curriculum was developed by the Center for Health and Learning, a health promotion organization in Vermont, through cooperation with the Vermont Agency of Transportation Safe Routes to School program. Their goal was to provide bike safety education each fall to Vermont School children in grades Two through Six.

Louisville Kentucky's Bike Louisville program adapted the BikeSmart On-Bikes! Curriculum in order to provide a youth cycling safety and enforcement curriculum that could be used in Grades 3-5 anywhere in the United States.

A special thanks to the Center for Health & Learning for granting permission to adapt portions of the Vermont curriculum, which can be expanded to include a youth bicycle enforcement curriculum.

Center for Health and Learning
28 Vernon Street, Suite 319, Brattleboror, Vermont 05301
Phone (802) 254-6590 fax (802) 254-5816
www.healthandlearning.org

Bike Louisville's Bike Sense program is designed to teach and enforce bicycle safety measures to children in grades 3-5. With the collaborative efforts of schools, community centers and law enforcement agencies, Bike Sense is designed to teach bicycle safety measures to children that will later be enforced in the community setting. Teaching our children to operate a bike safely is an important step in reducing accidents and fatalities on our city roads. The Bike Sense program is designed to teach children how to operate a bike, learn the rules of the road (or bike laws) and avoid potential hazards while operating the bicycle. The enforcement component of the Bike Sense Program bridges the gap between youth bicycle education and enforcement of bicycle safety measures. Louisville Metro Police officers have the opportunity advocate and enforce bicycle safety measures by, mentoring, coaching and enforcing the bicycle safety rules that have been taught to students in their Bike Sense Training. The collaboration of training and enforcement allows children to receive constant reinforcement on proper bicycle safety measures with an engaging and supportive approach by community members.

Distribution Information
The Bike Sense curriculum is available by emailing
Rolf.Eisinger@Louisvilleky.gov

This document was developed by Bike Louisville in the interest of information exchange, and assumes no liability for its contents or use thereof.

Publication Date March 2012

Bike Sense On-Bikes!

Critical Content, Concepts and Skills for Safe Bicycle Riding and Enforcement

BIKE SENSE ON-BIKE.....	1
Introduction.....	1
Background for Bicycle Safety	1
Table 1: Typical Car-Bike Crashes by Age Group	2
Table 2: Frequent Child Errors/Ages Most Likely for Them to Occur.....	3
Table 3: Car-Bike Crashes in Urban and Rural Settings, by Age Group	4
History.....	5
Curriculum Overview	5
Bicycle Safety Educators	5
Bike Sense Certification.....	6
Homework.....	6
Preparing to Teach.....	6
Table 4: Below is a recommended timeline for implementation of Bike Sense on -Bikes.....	7
Instructor Equipment.....	8
Student's Equipment.....	8
Table 5: Bike Sense On-Bike Props and Equipment.....	9
Setting and Environment	9-10
LESSON 1: GETTING READY TO RIDE.....	11-16
OVERVIEW	11
ICEBREAKERS.....	11
Key Concepts and Skills	12
DRESS FOR SAFETY.....	12
PARTS OF THE BIKE.....	13
ABC QUICK CHECK.....	13-14
HELMET FIT	14-15
RIDE IN A STRAIGHT LINE.....	15
SWEATSHIRT METHOD.....	16
LESSON 2: STOP AND GO/LOOK BACK	17-21
OVERVIEW	17
Key Concepts and Skills	17
LESSON SET UP	17-18
STOP AND GO.....	18-19
HAND SIGNALS.....	19-21
LESSONS LEARNED	21
LESSON 3: BICYCLE DRIVING AT INTERSECTIONS	22-30
OVERVIEW	22
Key Concepts and Skills	22
DRIVEWAYS.....	23-24

STOP SIGNS.....	24-25
STOP LIGHTS.....	25-26
RIGHT TURNS.....	26-27
GOING STRAIGHT.....	27-28
LEFT TURNS.....	28-29
LESSONS LEARNED	30
 LESSON 4: OBSTACLES AND HANDLING SKILLS	31-35
OVERVIEW	31
Key Concepts and Skills	31
BALANCE	31
SLOW RACE.....	32
QUICK STOP.....	32-33
RAILROAD TRACKS	33
OBSTACLES.....	34
ROCK DODGE.....	34-35
 LESSON 5: BICYCLE HANDLING SKILLS	36-38
OVERVIEW	36
POST TEST.....	36
Key Concepts and Skills	36-38
 LESSON 6: FIELD TRIP/RAIN DAY (OPTIONAL)	39-41
OVERVIEW	39
MAKE AN EMERGENCY PLAN	39
LESSON SCRIPT	40
INTRODUCE THE RIDE	40
RAIN DAY.....	41
BOOT SCOOTIN' BOOGIE.....	41
MAP GAME	41
HELMET SAFETY	41
 ENFORCEMENT.....	42-45
ENFORCEMENT.....	42
IMPLEMENTATION	43
MARKETING	43-44
OPERATION	44-45
CREATING PARTNERSHIPS	45
 Appendices	46-72
Appendix 1: Parent / Guardian Letter #1	
Appendix 2: Bicycle Equipment Survey	
Appendix 3: Fitting a Bicycle Helmet	
Appendix 4: ABC Bike Quick Check	
Appendix 5: Parent / Guardian Letter #2	
Appendix 6: Bicycle Field Trip Leader Information	
Appendix 7: Notes on Student Bicycle Maintenance	
Appendix 8: Summary of Bicycle- Related Laws	
Appendix 9: Participation Record & Curriculum Feedback	
Appendix 10: Assessment Rubric	
Appendix 11: Bike Sense Questions (Pre and Post Tests)	
Appendix 12: Instruction Propos (Car, Stop Sign, Traffic Signal, Drain Grate	
Appendix 13: Graduation Certificates	
Appendix 14: Bicycle Education Check-up and Record (Enforcement)	

